

The Sourdough

S E N T I N E L

July 22, 2005

Elmendorf Air Force Base, Alaska

Vol. 56, No. 29

‘Catch a Dragon by the Tale’

Base Library’s summer reading program proves popular pastime



-- Pages 12-13

New solutions help solve old problems

Taking care of trash while protecting future generations, water supply has new allies

By Capt. Kelley Jeter
3rd Wing Public Affairs

Most of us may never think twice about where it's going when we take our garbage to the curb or dumpster, but growing landfills are creating challenges to our environment that have no end in sight.

To answer some of these challenges, the 3rd Civil Engineer Squadron environmental flight has teamed up with the state of Alaska, the University of Alaska Anchorage, and contractors from Weston Solutions to create an innovative fix that, if successful, will solve several problems at once.

When a landfill is full to capacity, it has to be "capped" or covered completely. Among other functions, the cap needs to keep rainwater from going through the garbage, contaminating the groundwater.

Most caps used in the U.S. are clay and prone to cracking in dry weather, which allows rainwater in and defeats their main purpose.

The environmental flight here has taken up a newer approach to capping the landfill on base, creating an evapotranspiration cover. The ET cover, as it's called for short, is a landfill cap that consists of topsoil in a two-foot deep layer, and eventually 200,000 newly-planted trees.

The idea is that the trees will absorb rainwater, trapping it in that top layer. The trees then use the water and disperse it into the atmosphere, so it never has a chance to affect groundwater.

The project will take three years with one phase being completed each summer. This summer's phase took place in June when contractors planted 50,000 recently-dormant cuttings that were ready to grow as soon as they were put in the ground.

"They're cottonwood, aspen and willow trees," said

Lindsay Eiser, the project biologist. "They're all varieties that already grow in this area."

The planting project is also an ingenious way to solve several other issues on base that have nothing to do with the landfill.

"The amount of soil we needed to cover the landfill cells would have cost in excess of a million dollars, had we been required to buy it," said Skip Koch, contractor and project manager from Weston Solutions. "As a fortunate coincidence, another project on the other side of base was looking to get rid of tons of the quality of soil we needed."

To make firm, level surfaces to build houses for the new Moose Crossing housing development, acres and acres of softer soil had to be removed, which also would have been an expensive undertaking, had it needed off-base disposal. It was the perfect solution to just truck the soil from the housing worksite to the landfill cells.

With two problems solved as it's just getting underway, the cover could already be called a success, but the advantages to this project are really just getting started.

Not only does the ET cover set the stage for an attractive alternative to a clay-capped landfill, the trees also serve as a perfect spot for

moose-browse. Projects on base that take away trees also take away areas where moose are prone to live, and the base is obligated to replace those areas--such as the spot recently cleared for new base housing.

Another problem addressed by planting the trees is that of the bird airstrike hazard to our flying operations.

Located near the alternate runway, the landfill cover could have served as an ideal stopping place for migratory birds, as the typical clay cap grows short grass that's very attractive to them, according to Mr. Koch. With the trees in place and ready to grow, the area will soon be a deterrent for hazardous flocks of birds.

One last advantage of the trees that certainly won't be lost to future base housing residents is the noise buffer. The landfill lies between the runway/flightline area and parts of base housing, creating a noise buffer from the operations noise, once they're fully grown.

Though the ET cover has been successful in the Lower 48, it's still considered experimental in Alaska's climate. To study the effectiveness of the two different kinds of caps, a small-scale experiment is taking place near the landfill.

A small, fully-contained version of both the clay cap and the ET cap are set up with measuring equipment that monitors both falling rainwater and the amount that makes it through to the bottom of each "landfill." Scientists from the University of Alaska Anchorage have been studying the results for the last six months.

So far, the tests reflect a pretty even amount of water getting through both kinds of caps. With set-up costs for each cap being roughly the same, the most important factors then become continued effectiveness and maintenance costs.

Without the need for continued patching as is necessary with clay caps, the ET cover will cost less down the road.



Tech. Sgt. Robert McLean, 3rd Logistics Readiness Squadron, acted as the International Treaty Officer for the third Open Skies Russian overflight of the United States.

He coordinated with six separate agencies for aircraft parking, handling, refueling, customs, and feeding of the TU-154 and its 26 distinguished visitors, along with five members of the U.S. Defense Threat Reduction Agency. These actions supported national priorities, strengthened international stability, and eased tensions.

Staff Sgt. Christopher Guthrie, 90th Aircraft Maintenance Unit, quickly contained a fire onboard an F-15E Strike Eagle. Performing a de-arm he observed hydraulic fluid leaking on the brakes of the right main landing gear that became engulfed in flames. He retrieved a halon extinguisher, put out the flames, egressed the aircrew and set up an alternate de-arm location to ensure continued ground operations.

His actions prevented permanent damage to the aircraft and resulted in zero injuries.

New Majors

The following Nurse Corps captains were selected for promotion to major:

3rd Aerospace Medicine Squadron

Bach Hoa Mai

3rd Medical Operations Squadron

Jane Argento

Pamela Brewer

Suzie Dietz

Robert Hayes

Michael McGann

Gretchen Moreland

Melissa Smith

Christopher Sweeney

Jennifer Thomas

Bruce Weiss

3rd Medical Support Squadron

Mark Knitz



Col. Hawk Carlisle
3rd Wing commander

Do you have a problem you can't seem to get solved? Would you like to recognize someone for a job well done?

The commander's action line is your avenue to communicate your questions, comments and concerns directly to the commander, Col. Hawk Carlisle. Your calls will get the commander's personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

552-2224
actionline@elmendorf.af.mil

The following commanders stand ready to help you and can answer the majority of your questions. If they can't help, then please call the Action Line.

Key phone numbers:

Col. Christopher Thelen, 3rd CES/CC
552-3007

Lt. Col. David Aupperle, 3rd SVS/CC
552-2468

Lt. Col. Robert Garza, 3rd SFS/CC
552-4304



The Sourdough
SENTINEL

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Best in DoD 2000
Best in Air Force
1999, 2000 & 2001
Best in PACAF
1998, 1999, 2000 & 2001

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Photographer

3rd Wing Moment in History

July 27, 1953:



Senior negotiators met at Panmunjom to sign an armistice agreement at 10 a.m. calling for a cease-fire at 10:01 p.m. The 8th BS dropped the last bombs of the Korean War at 9:33 p.m. from 8,000 feet on a suspected supply dump near the front lines.

Shape Your Future: Put the Brakes on 'Weight Creep'



TECH. SGT. THEO MCNAMARA

Staff Sgt. Mike Murphy, a member of the Missouri Air National Guard's 139th Air Wing, tries to pay special attention to what he eats while deployed here for his two-week annual training. Maintaining a healthy weight is always important, but it becomes even more critical during deployments. Deployments are a time when Airmen should pay close attention to what they eat because, according to health experts, deployments are considered one of the more likely times to realize weight gain.

U.S. Air Force Surgeon General's Office

"But I don't have a weight problem," you say. That's precisely the way it should be and the Air Force provides tools to help you keep your weight in check.

A half-pound here and a half pound there, and you have the makings of a weight problem.

You might scratch your head and wonder where this weight came from and remember being so "in shape" when you were in high school or first entered the service. Well, you didn't gain it overnight but probably ounce by ounce maybe over a course of years.

"Weight creep," said Major Maureen Harback, Registered Dietitian and Deputy Health Promotion Operations, Air Force Medical Service Agency, "is the 1-2 pound weight gain that many people experience, including our active-duty people." Weight creep contributes significantly to the national, and Air Force, weight problem.

"Many people aren't worried about their weight now, but the pounds add up over the years," she said.

"For example, the average rate of weight gain for males is 1.9 pounds per year. A male could theoretically pack on 36 pounds by the time he reaches retirement!" Major Harback explained, "That's exactly what our statistics are showing—Air Force members are averaging the same rate of weight gain as the civilian population."

Recent weight trends show that more than 64 percent of American adults are overweight or obese with 15 percent of children (6-19 years old) being overweight. The trend has reached an all-time high. In fact, poor diet and lack of physical activity is only a fraction behind tobacco use as the number one cause of death in the U.S.

"Our active-duty rates hover

around 52 percent of men and 24 percent of women who are overweight or obese," Major Harback, said. "While we have less people proportionally in the obese category, compared to the civilian population, overweight has become a critical issue effecting health and readiness."

Excess weight contributes to a number of health problems such as coronary heart disease, type two diabetes, high blood pressure, and certain types of cancer, to name a few.

The overweight/obesity issue is enormous in terms of the extent, growth rate, cost, and impact on health and readiness. Its roots are an extremely complex web of multiple causes and influences.

"Unfortunately, the problem most likely will not disappear anytime soon, because there is no 'quick fix.'" Major Harback said.

"Reducing the weight gain trend requires innovative approaches, strategies and tactics on multiple levels, much like the various types of weapons, equipment and tactics used to defeat an enemy," she said. "We will have to attack on many fronts, including where we work, live and play. This will require commitment from our communities and leaders."

"Because of our limited success in promoting long term weight loss, attacking the problem by preventing weight gain is the best chance we have to reduce the incidence of overweight and obesity in our Air Force population," said Major Harback.

With this in mind, the Air Force Medical Service developed the Shape Your Future Your Way initiative, one of many tools in the Air Force arsenal to combat overweight/obesity..

"The tools SYFYW offers reflect its mission to expand the awareness of 'weight creep,' provide multiple strategies to prevent or limit weight gain, empower individuals to achieve and maintain a healthy lifestyle, and energize a community approach to preventing weight gain."

Designed as a web-based tool kit, SYFYW offers valuable tools for the Air Force community.

For the Air Force health promotion professional, large-scale awareness of weight creep and the environment are the focus of attention and packaged as an electronic tool kit.

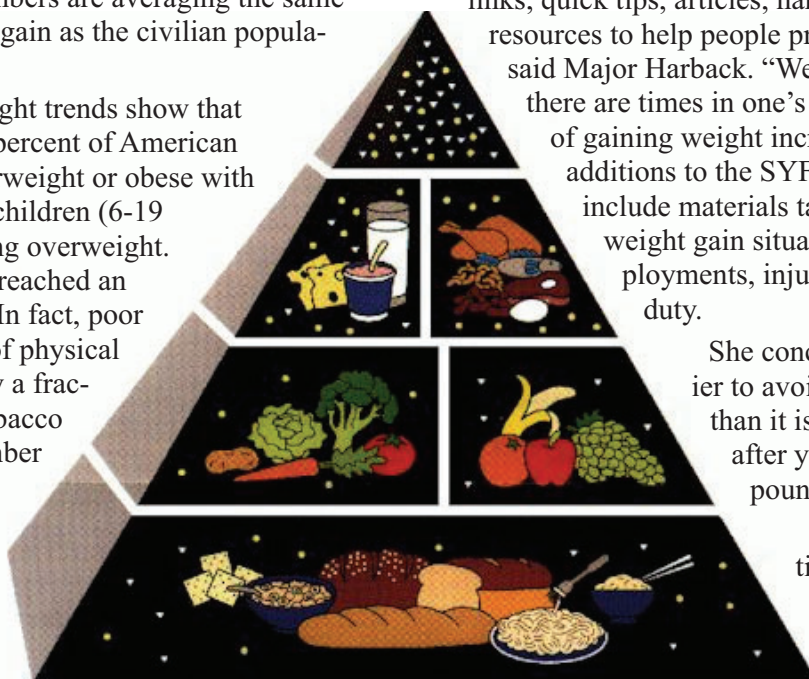
For all Air Force members, the SYFYW community website was recently launched.

This publicly accessible site features practical information about the impact of 'weight creep' and overweight and how to prevent it through healthy diet and physical activity.

"The site features an ever-growing compilation of self-help tools including self-assessment links, quick tips, articles, handouts and other resources to help people prevent weight gain," said Major Harback. "We also know that there are times in one's life when the risk of gaining weight increases." Future additions to the SYFYW initiative will include materials targeted at high-risk weight gain situations such as deployments, injuries and temporary duty.

She concludes, "It is easier to avoid gaining weight than it is to lose weight after you've put on the pounds!"

For more information, visit <http://airforcemedicine.afms.mil/shape-yourfuture.htm>



Programs can ease pain of post-war trauma

By Elaine Wilson
Fort Sam Houston Public Information Office

“I hear that baby screaming in my nightmares,” Specialist Avila said. “It’s too vivid, too clear. I still hear bombs going off at night. It’s been a year; it should be over but it doesn’t go away.”

Specialist Avila is one of the thousands of veterans haunted by war, and one of the 10 to 20 percent who will subsequently develop post-traumatic stress disorder.

This is a psychiatric disorder that occurs after a life-threatening event such as personal assault, natural disaster or, as in Specialist Avila’s case, military combat.

The effects of the disorder can be debilitating with symptoms ranging from severe nightmares and flashbacks to insomnia and increasing social isolation.

In recent years, the focus for the military has been on the rising occurrences of combat-related disorders as more and more troops return from war, said Dr. Harry Howitt, a clinical psychologist and acting chief of the Community Behavioral Health Service.

“Combat is uniquely different from other types of PTSD,” Dr. Howitt said. “Unlike most other traumas, combat doesn’t end in a

few hours or days; it goes on day after day after day.”

It is common for service-members to deal with post-combat depression, insomnia, nightmares and family issues.

However, it is the duration and intensity that differentiate normal reactions from PTSD.

“It’s normal to be affected by combat,” Dr. Howitt said. “It’s when the nightmares become so vivid and horrible they wake the Soldier from sleep or the Soldier develops a profound anger that the symptoms become problematic.

If these and other symptoms continue for six months, PTSD is a strong possibility.”

Only time and distance from combat can help the healing process begin, but while war wounds can heal with time, the psychological effect will last much longer.

“Our brains don’t have erasers; it’s tape recorded forever,” Dr. Howitt said. “But you can learn to deal with the emotions and gain control of your life again.”

To start the healing process, psychiatrists recommend a variety of methods such as relaxation techniques, sleep strategies and, in some cases, medication.

Each military branch has programs, and the Department

of Veterans Affairs offers free counseling sessions. Dr. Howitt created a support group here to give Soldiers a safe outlet to talk about their experiences in detail, which can help promote healing, he said.

“Unfortunately, spouses and family members don’t always say the right things,” he said. “In a group setting, these Soldiers can be open about their experiences with others who understand what they’ve been through.”

Along with talking about their experiences, Dr. Howitt encourages servicemembers to resume their normal routines.

“Do fun things even if you don’t feel like it,” he said. “Get down on the floor and play with your kids; play a game of golf. Whatever it is, do something you enjoy.”

Above all, Dr. Howitt said people should seek help early.

“There are positive outcomes for (people) who ask for help,” he said.

For more information on PTSD or VA assistance, people can go to the National Center for Post-Traumatic Stress Disorder Web site at www.ncptsd.va.gov.

People can also contact the 3rd Medical Group Life Skills Clinic at 580-2181.



Language proficiency pay rates go up

By Donna Miles
American Forces Press Service

A new language test scheduled to roll out in October will better measure language fluency in real-world situations, the Defense Department’s senior language official said July 13.

The new test is the fifth generation of the Defense Language Proficiency Test, a battery of tests used to assess native English speakers’ reading and listening skills in a wide range of foreign languages, said Gail H. McGinn, deputy undersecretary of defense for plans.

The so-called “DLPT 5” test will be more challenging than previous language tests, Ms. McGinn said, with longer passages and, in some cases, more than one question for each passage. The test will be computer-based, making it more secure and efficient to administer. And unlike past tests that Ms. McGinn described as “scripted,” the new test will rely more on actual newspapers, magazine articles and radio broadcasts.

“We want a test that measures as accurately as possible one’s ability to operate in the real world,” Ms. McGinn said.

Toward that end, the new language proficiency test will better measure each tester’s skills in selected languages, at levels ranging from a low of zero-plus to a high of four on the

Interagency Language Roundtable scale. Five is the highest level on the scale.

The new test will become “the benchmark” for DoD to assess who in the force has language skills and how proficient they are. By better measuring language skills, the new test will allow DoD officials to identify and reward those with the highest proficiency levels, Ms. McGinn said.

Test scores are part of the formula for determining language proficiency pay for language professionals and servicemembers with specific language skills. Congress recently authorized increasing the cap on language proficiency pay from \$300 to \$1,000, but Ms. McGinn said that not all language professionals will receive the full amount.

The new test and higher language proficiency pay are keys to the Defense Language Transformation Roadmap, a major initiative to develop foreign language and cultural expertise among its military and civilian members. The initiative aims to increase language and cultural expertise within the ranks and to establish a cadre of language specialists with advanced proficiency levels.

The world situation demands that the Defense Department maintains solid language and cultural capabilities so it is prepared to carry out its missions worldwide -- from humani-

tarian and reconstruction efforts to combat operations, Ms. McGinn said.

“We are building alliances, we are engaged in operations in the Middle East, we are engaged in the war on terror, (and) we need to understand and interact with the people around us,” she said.

The rollout schedule for the new test begins in October for Albanian, Persian-Dari, Hindi, Pashto, Norwegian and Urdu. DLPT-5 tests for Russian and Iraqi are scheduled to debut in December, and early 2006 rollouts are planned for Chinese Mandarin, Spanish and Korean.

New tests are also under development for a variety of other languages, including Egyptian, Levantine, Modern Standard Arabic, Persian-Farsi, Greek, Kurdish-Sorani, Turkish, Serbian-Croatian and Japanese. Ultimately, the DLPT-5 could cover as many as 31 languages.

Ms. McGinn urged test takers to begin their homework now using authentic materials available on the Internet and in other sources, and encouraged supervisors to re-enforce the need to prepare. The Defense Language Institute has developed an Internet site and Global Language Support System with materials and exercises to help test takers prepare.

For more information or to schedule a language test, call Mr. James Ledonne at 552-4985.

Base housing survey on its way

(AFPN) – An Air Force-wide base resident survey has been launched to determine the level of satisfaction of family housing residents at installations worldwide.

The survey provides base-housing residents and housing managers an opportunity to respond to survey questions regarding housing facilities and services delivered. At installations with privatized housing, property managers will also participate in the survey.

“We encourage all residents to complete their survey as soon as possible,” said Maj. Gen. L. Dean Fox, the Air Force Civil Engineer. “The more participants we have, the more accurate our results will be and the greater emphasis we can place on making the recommended changes.”

Elmendorf residents should receive surveys by late summer or early fall, officials said.

The survey is customized for Air Force residents and will take about five minutes to complete.



PHOTOS BY STAFF SGT. DAVE DONOVAN

Tech. Sgt. Darien McCulloch

Duty title: 19th Fighter Squadron, noncommissioned officer in charge of squadron aviation resource management
Hometown: Atlanta, Ga.
Hobbies: Gym, computers and sports
How he contributes to the mission: Develops and implements procedures for the SARM office. He also manages collection and audit systems for ground and flight training data while supervising all the functions of the operations control center
Time at Elmendorf: Seven years
Time in the Air Force: 12 years
Best part of being in Alaska: Summer
Supervisor’s comments: “Tech. Sgt. McCulloch demonstrates professionalism on a daily basis; he provides his people with clear guidance on the issues at hand and always gives the leadership a positive, can-do attitude when it comes to fixing problems.” Maj. Barry Luff



Senior Airman Russell Gray

Duty title: 3rd Services Squadron, lodging shift supervisor
Hometown: Gulfport, Miss.
Hobbies: Fishing, playing rugby, working with military conservation agency and spending time with his two-year-old twins
How he contributes to the mission: Supports the mission by assigning lodging quarters to PCS in-bound and out-bound families and single personnel, TDY military and Department of Defense civilians and authorized space available people
Best part of being in Alaska: Long days to fish
Time at Elmendorf: One year
Time in the Air Force: Five years
Supervisor’s comments: “Senior Airman Gray is one of the hardest working individuals I have ever met. He strives to improve the lives of not only our guests, but the entire base populace. It is an honor to supervise such an outstanding professional.” Staff Sgt. Christopher Block

Road Closure

The corner of Arctic Warrior Drive and Pease Avenue will be closed Monday through Aug. 9 for road repairs. A map of detour routes is available on topcover.

For more information, call Staff Sgt. Robert Roe at 552-4011.

Home Buying Seminar

The Housing Office is offering a home purchasing seminar Monday at the Housing Office located at 6346 Arctic Warrior Drive.

The class is two to three hours in length. Seating is limited, so call early for reservations at 552-4439/4328.

ERC Course

There will be an Experienced Rider’s Course available for motorcyclists who have at least six months riding experience and who have taken the Beginning Rider’s Course.

Classes are available at 8 a.m. Thursday and July 29 at the motor-cycle range.

For more information or to reserve a slot, call Tech. Sgt. Rusty Schmidt at 552-6851.

Wing Golf Tournament

The 3rd Wing annual golf tournament is July 29; players must sign up today. Registration begins at 5:45 a.m. and a shotgun start is scheduled for 7 a.m.

The \$25 per-person registration fee doesn’t include greens fees or cart costs.

For more infomation call

552-1435 or 552-0238.

Job Openings

Those who are looking for employment opportunities on base will find a variety of jobs available through the non-appropriated funds human resource office.

A listing of available positions can be found by visiting www.elmendorfservices.com/Pages/employment_new/hro_nafpositions.htm or by calling 552-4563.

Education Information

The Spouses Tuition Assistance Program application acceptance dates end July 29 for classes beginning in August and September. Applications are online at www.elmendorf.af.mil/3Wing/Groups/3msg/3MSS/DPE/Webdocs/index.htm. Hand-printed applications will not be accepted.

Instructions for completing the application have changed since the last application period. Thoroughly reading the instructions will save additional trips to the Education Center.

For more information, call the Education Center at 552-3164.

Vacation Safety

Before leaving on vacation, people should make sure that their home is secured. The following checklist from the 3rd Wing Safety office can help people prepare for their departure:

- Unplug all electrical appli-

ances (except the refrigerator)

- Turn off gas pilot lights and close all water faucets
- Lock windows and doors
- Arrange for someone to pick up the mail
- Place newspaper delivery on hold
- Notify friends, relatives, or neighbors where you’ll be and how you can be reached
- Set a timer to turn lights on and off, or ask someone to do it
- Notify the local police station when leaving and returning

For more information about summer safety tips, call the 3rd Wing Safety office at 552-3389.

Attache Program

The Air Force is soliciting volunteers for the Attache Program.

Individuals assigned to the Attache program are the eyes and ears of the United States’ military interest.

This is extremely important especially in today’s environment with the Global War on Terrorism.

Visit www.afpc.randolph.af.mil/rated-staff/attache.htm for information on the general job description, qualifications and projected requirements.

Space-A Travel

Those looking for more information on space-available travel opportunities may contact the Passenger Terminal at 552-4616/8388.

Those who wish to visit in-person may do so 24 hours a day at 10364 18th Ave., next to Base Operations.



Chapel Schedule

Catholic Parish

- **Monday through Wednesday and Friday Mass:** 11:30 a.m. at the Chapel Center
- **Thursday Mass:** 11:30 a.m. at the Hospital Chapel
- **Sunday Mass:** 10:30 a.m. at Chapel 1
- **Sunday Evening Mass:** 7 p.m. at Chapel 2
- **Confession:** 6 p.m. Sundays at Chapel 2

Protestant Sunday

- **Liturgical Service:** 9 a.m. at Chapel 2
- **Celebration Service:** 9 a.m. at Chapel 1
- **Gospel Service:** noon at Chapel 1
- **Fellowship Praise:** 6 p.m. at Chapel 1

Religious Education

- **Catholic Religious Education:** Sunday at 9 a.m. at the Chapel Center.
- **Protestant Sunday School:** 10:30 a.m. at the Chapel Center.

For more information, call the Chapel at 552-4422.



WHO'S YOUR WINGMAN?

**THERE ARE SOME THINGS IN LIFE THAT JUST
WEREN'T MEANT TO BE HANDLED ALONE ...**

**IF YOU NEED A WINGMAN THE BASE CHAPLAIN,
THE LIFE SKILLS COUNSELORS, AND THE PEOPLE
AT 1-800-SUICIDE (784-2433) ARE READY TO HELP.**

ONE SUICIDE IS ONE TOO MANY

DUI results in Article 15

Article 15s:

An airman 1st class with the 3rd Equipment Maintenance Squadron drank alcoholic beverages while under the legal drinking age of 21. His punishment was a reduction to the grade of airman, suspended forfeiture of \$200 for two months and restriction to the limits of Elmendorf for 45 days.

An airman 1st class with the 3rd Services Squadron failed to arrive to work on time and when she did arrive, she was under the influence of alcohol. Her punishment was a suspended reduction to airman and suspended forfeiture of \$200 for two months.

A senior airman with the 3rd Equipment Maintenance Squadron was drunk on duty. His punishment was a reduction to the grade of airman 1st class with a suspended reduction to airman. He also received suspended forfeiture of \$692 for two months and 45 days extra duty.

An airman 1st class with the 3rd Equipment Maintenance Squadron violated a no contact order and made a false official statement. His punishment was a suspended forfeiture of \$200 for two months and 20 days extra duty.

An airman 1st class with the 3rd Equipment Maintenance Squadron misused his government travel card, failed to pay a debt and was drunk on duty. His punishment was a reduction to the grade of airman with a suspended reduction to airman basic. He also received suspended forfeiture of \$617 for two months and 45 days extra duty.

A staff sergeant with the 3rd Component Maintenance Squadron received a vacation action for falsifying his Military Pay Order Cost Of Living Allowance Form. His punishment was a reduction to senior airman.

Administrative Demotion:

A staff sergeant from the 11th Operational Weather Squadron was administratively demoted to senior airman for failure to fulfill noncommissioned officer responsibilities; specifically, the member physically controlled a vehicle while drunk. The DUI occurred off base and the local district attorney is pursuing the criminal case against the member. In Alaska, a person convicted of DUI is typically sentenced to three days in jail, a \$1,500 fine, and three years probation.

Death benefits, insurance increase for servicemembers

By Army Sgt. Sara Wood
American Forces Press Service

Compensation for the survivors of servicemembers who die in combat zones and insurance coverage for servicemembers will both increase significantly this year.

An increase in death gratuity benefits from \$12,500 to \$100,000 already has taken effect, and Servicemembers’ Group Life Insurance maximum coverage will increase to \$400,000 starting Sept. 1, said Col. Virginia Penrod, director of military compensation.

The increase in death benefits took effect May 11 and is dated retroactively to Oct. 7, 2001, Colonel Penrod said. This means that survivors of servicemembers who died between Oct. 7, 2001, and May 11, 2005, will receive the increased benefits, as will survivors of servicemembers who die from May 11 on, she said.

The increased benefits are for survivors of servicemembers who die in combat zones, combat operations and combat-related situations, she said. Combat-related situations include airborne duty, combat training, demolition duty and training exercises.

A policy designating combat areas and situations was given to the individual services in June, and each

service is now reviewing cases. Payments already have begun, but the process of identifying and paying eligible survivors could take several months, the colonel said.

When the increase in SGLI coverage takes effect Sept. 1, it also will be dated retroactively to Oct. 7, 2001. Survivors of servicemembers who died in a combat zone, combat operations or combat-related situations between the October date and Sept. 1 will receive \$150,000 in transitional insurance, which will bring them to \$400,000.

Besides the increased coverage, DoD will pay premiums of \$150,000 for servicemembers involved in combat operations or deployed to a combat zone.

The increase of these two benefits came about as a result of a 2004 study evaluating the adequacy of death benefits for servicemembers. The study found that benefits were adequate, but did not recognize the unique sacrifice made by servicemembers who die in combat situations, Colonel Penrod said.

“There was concern that we weren’t recognizing direct sacrifice of life in service to our nation,” she said. “That’s how the increase was made for those particular situations.”

America’s flying aces

By **Capt. Tony Wickman**
Alaskan Command Public Affairs

ACROSS

- 1. Mil. moving org.
- 4. Shade spot
- 7. Ship direction
- 10. Zeus’ wife
- 12. Field movie *Norma* ____
- 13. Russian city
- 15. Funeral fires
- 16. Pacino movie ____ *Given Sunday*
- 17. Busy
- 19. Gold bar
- 20. Animal lair
- 22. Indian tribe
- 23. Iron or Bronze
- 24. Prize
- 27. Latch
- 28. Greek goddess of the dawn
- 29. Honest ____
- 31. Sum up
- 34. USAF reservist
- 35. Command
- 39. Female deer
- 40. Ask ____ what you can do ...
- 41. Prohibit

- 43. A Gershwin
- 44. Roundtree role
- 46. USAF Total Force component
- 47. Jimmy open
- 48. Caviar
- 50. Coop denizen
- 51. Region
- 54. Emptied a jug
- 57. TV USN lawyer show
- 60. Southern state, in brief
- 61. USAF E-2
- 62. Slogan
- 64. Farthing
- 66. Greek letter
- 68. USAF F-16 nickname
- 69. Driving crimes
- 70. Acquire
- 71. Middle East country
- 72. AOL, NetZero, etc., in brief
- 73. Op or Surreal
- 74. Mailed

DOWN

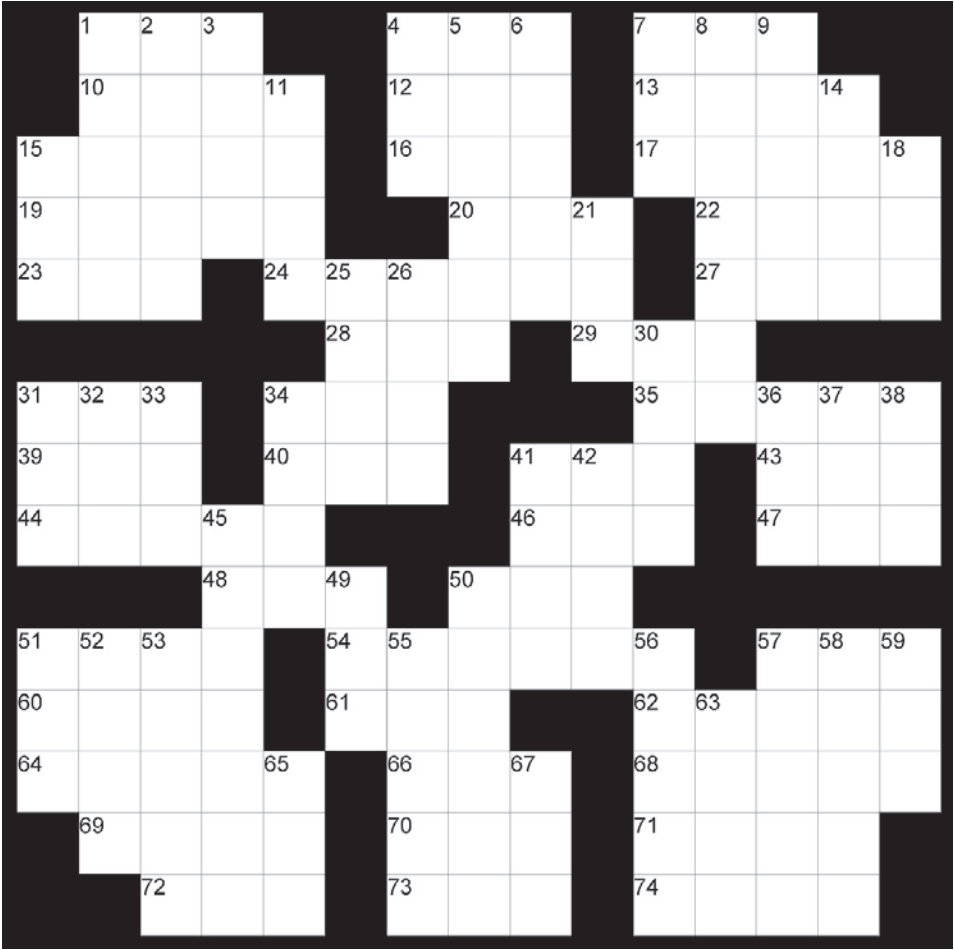
- 1. Airman ace Col. Harrison R. ____ (15)
- 2. Join together
- 3. After school snack
- 4. Epoch
- 5. Airman ace 1st Lt. Reed G. ____ (10)
- 6. Airman ace Lt. Col. John C. ____ (24)
- 7. Alias, in short
- 8. Airman ace Capt. Harold E. ____ (10)
- 9. Small tropical freshwater fish
- 11. Dog star
- 14. Competes
- 15. Singer Zadora
- 18. Dem. ’s opponent
- 21. Teacher’s org.
- 25. Brief musical recording
- 26. Castle protector
- 30. Airman ace Maj. Rich-ard I. ____ (40)

- 31. Commercials
- 32. Homer’s saying
- 33. Federal drug concern org.
- 34. Hepburn movie *Long Day’s Jour-ney* ____ *Night*
- 36. Immerse
- 37. Mistake
- 38. Airman ace Capt. ____ S. Wetmore (21.25)
- 41. Airman ace 1st Lt. Paul P. ____ (9)
- 42. Writer Rice
- 45. Airman ace Lt. Col. Francis S. ____ (34.5)
- 49. Federal environment concern orga-

- nization
- 50. Airman ace 1st Lt. Frank O. ____ (8)
- 51. Agassi org.
- 52. Bamboo
- 53. Boredom
- 55. Greek letter
- 56. Maj. George A. ____ Jr. (21)
- 57. Asian country
- 58. Player representative
- 59. Eur. country
- 63. Critical
- 65. Third eye
- 67. MCI competitor



Last week’s solutions



Arctic Life

Great living in the great land

PACAF Band entertains locals, tourists in area park



PHOTOS BY TECH. SGT. THEO MCNAMARA

Senior Airman Craig Bowman, a vocalist with the Top Cover Rock Band, sings to an audience in Peratrovich Park at a lunch time concert, July 13. This is one of several performances the band has scheduled throughout the summer as part of the Anchorage Downtown Partnership's 2005 Summer Concert series which are free and open to the public.

By Tech. Sgt. Theo McNamara
Staff Writer

The Air Force Band of the Pacific's Top Cover Rock Band performed in Anchorage's Peratrovich Park July 13, part of a series of mid-day concerts in the park sponsored by the Anchorage Downtown Partnership.

"This is one of six concerts the band squadron will perform during lunch hours in the park this summer," said Senior Airman Craig Bowman, a vocalist with the Band of the Pacific and the band's spokesperson. "This is a perfect setting for us," he said. "We have two primary objectives: entertain our internal audiences in an effort to enhance Airmen morale and readiness and strive to educate and entertain our publics. The goal here is to build community support for the

Air Force and its mission."

Airman Bowman described the opportunity to perform in the park as the perfect fit for the band because they get to perform for an eclectic audience.

"Just look around. There's an international audience here, there's people visiting from all over our country as well as from right here in our own town and what's really cool is all the kids who are here with their parents enjoying the show," said Airman Bowman.

"This is such a wonderful gift that your military gives to the community and it's an inspiration for the children in the audience," said Ann Rotchon, who along with her husband is visiting Anchorage from her home

in Canada. "The young lady singing is telling the kids to follow their dreams, whatever they are because if you want to grow up and become a singer, it's obviously possible."

The Canadian couple are like many of the tourists in the park for the show. They just happened to be walking in the area and saw a flyer advertising the event while eating a reindeer sausage from one of the local street vendors.

"This is kind of the center of all the summer activities that are going on in downtown Anchorage," said Cheri Spink of the ADP, who organizes and manages the event.

"There are five of Alaska's biggest hotels within seven city blocks of the park and, of course, 4th and D Street is also somewhat well known as the center of downtown," said Ms. Spink. "So we have a lot of local business people who have lunch in the park and get to enjoy the talents of professional musicians.

"In the spring, as I begin to plan out the schedule, I call the military bands first and ask what dates they want, and once they're penciled in, I offer what's left to other musicians.

"Plus all the buses bringing boat-cruise tourists in from all over get off the bus just in front of the park. They're constantly drawn to the voices they hear coming from the park -- what a great way to welcome our guests to Alaska," she said.



Master Sgt. Judi Westfall, a vocalist with the Top Cover Rock Band, sings lead vocals as Senior Airman Craig Bowman sings background vocals during a performance at Peratrovich Park in downtown Anchorage July 13. Tech. Sgt. Jerry Kelley plays guitar in the background. Top Cover is the rock band component of the Air Force Band of the Pacific.

AF Band of the Pacific summer schedule

- 29 July Top Cover Rock Band at Alaska Zoo's Family night, 7 p.m.
- 30 July Logging Show at Thorne Bay, Alaska, 2 p.m.
- 31 July Logging Show at Thorne Bay, Alaska, 10:30 a.m.
- 12 Aug. Dixie Express at Anchorage's Saturday Market, 2 p.m.
- 12 Aug. Dixie Express at Alaska Zoo, 7 p.m.
- 16 Aug. Alaska Brass live at Loussac Library, noon
- 17 Aug. The Greatlanders at Peratrovich Park, noon
- 24 Aug. Top Cover Rock band at Peratrovich Park, noon
- 31 Aug. Alaska Brass Band at Peratrovich Park, noon



Mrs. Betty Stark, 3rd Services Squadron library technician, helps a summer reading program participant with a helmet he made.

Summer reading program underway

By Tech. Sgt. Mike Edwards
3rd Wing Public Affairs

Each year the Base Library, in conjunction with support from Pacific Air Forces, sponsors a summer reading program for youth ages 6-13. This year's theme – 'Catch a Dragon by the Tale' – involves the medieval lore of King Arthur, dragons, castles and princesses.

The summer reading program, which kicked off July 12, is designed to promote literacy and improve children's love of books while at the same time involving both the readers and their parents in weekly projects.

"I just love doing this for the kids," said Betty Stark, 3rd Services Squadron library technician. "It is a great way to get parents and their children actively involved in reading."

In addition to having weekly projects, reading program participants are also encouraged to read books on their own as part of a contest.

"At the end of the program, we'll have a drawing for prizes," said Mrs. Stark. "For each book someone reads, they get an entry. The more books they read, the more entries in

the drawing they get."

While each year the summer reading program has a different theme to help keep things exciting for library staff members and families, it isn't always easy according to Mrs. Stark.

"Last year's theme was 'Explore Your World' – an easy thing to do in Alaska," she said. "As far as activities for this year, there really aren't a whole lot of dragons or medieval-themed activities for the children to do, so we had to be creative in how we planned."

The first week's activity was to let the children decorate T-shirts with stamps in the shape of castles, knights and dragons, just to name a few.

During the second week, participants were able to make their own helmets and hats.

"Next week, we have a magician coming to perform for the kids," said Mrs. Stark. "It should be a lot of fun. I think everyone is really going to enjoy it."

The fourth week, the program participants will be treated to a cookout and a 'dragon egg' hunt.

Week five will bring the children together for bowling, with the following week being the closing ceremony and a party.

Right: Luke Teeselink peers through the the visor of his 'medieval helmet' during the summer reading program's make-your-own-hat-or-helmet day July 19.

Below: Alexandra Rosa builds a castle that she will use as part of the Base Library summer reading program.



PHOTOS BY TECH. SGT. KEITH BROWN

Above: Participants in the Base Library summer reading program gather together for instructions on the program and the day's activities during the program kickoff, July 12.

Left: James Farmer paints the surface of a rubber stamp that he will then apply to a T-shirt. Each of the stamps medieval-themed shapes, which allowed the children to create their own unique patterns.

On the cover: Laquencia Parker spends time reading her book as part of the Library's summer reading program. The theme this year is 'Catch a Dragon by the Tale.'

PACAF Pentathalon starts Aug. 1

By Mrs. Mary Rall
3rd Services Marketing

Early registration for the "Venture 2 Victory" PACAF Pentathlon begins Wednesday at www.pacfive.com. This is the third year for this online virtual board game sponsored by PACAF Services, which begins Aug. 1.

All game participants have an opportunity to win great prizes such as a Hawaiian Cruise for two aboard one of the new NCL America vessels (including airfare), cash prizes of \$500, \$1,000, \$1,500 and \$5,000, iPod® Photo, Sony® Playstation Portable, Bose Wave® Music System and other rewards – 15 big prizes in all.

With hundreds of instant win prizes, monthly drawings and exciting grand level rewards, participants should be on the lookout for game pieces so they can "Venture 2 Victory." Game pieces will be given out to Services patrons when they participate in scheduled activities at Services facilities. A complete

list of featured programs is available at www.pacfive.com.

"We've put together a great list of activities and events where the Elmendorf community can earn game pieces, and kids can play too," said to Lt. Col. David Aupperle, 3rd Services Squadron commander. "They'll receive game pieces at the Youth Center, Young Adult Center and the Arctic Oasis Community Center for attending specified events.

With game pieces in hand, participants then log onto the Pentathlon website, www.pacfive.com, and enter the game piece number.

Each game piece puts a participant closer to completing the board game's five "virtual events" that take place in the five major areas in PACAF.

When participants complete each event, they are awarded a "virtual" medal and entered in the prize drawing for that event. Players can also win "Pacfive" instant win prizes such as AAFES gift certificates and T-shirts which will be awarded throughout the promotion.

"I want to encourage the entire Elmendorf community to "Venture 2 Victory" and participate in the many Services programs on the Master Events List that will be awarding game pieces," Aupperle said.

Additionally, individuals who register during the five-day countdown prior to Aug. 1 will be eligible to win a Coca-Cola® Radio Cooler.

They, along with those who register in the first 15 days of the Pentathlon, will also be eligible for a \$500 shopping spree, courtesy of AAFES. (Only authorized Exchange patrons are eligible to win.)

For more information, contact the 3rd Services Marketing Office at 552-5900.



...:inside the fence

Open Bowling, Today from 5 p.m. to 1 a.m. at the Polar Bowl. 552-4108

Cambell Air Strip Hike, Today from noon to 6 p.m. for \$3 and bring along a sack lunch with the Young Adult Center. 753-2371

Bicycle Maintenance Class, Today at 4:30 p.m. for \$5 at the Outdoor Recreation Center. 552-2023

Baked Potato Bar Social Hour, Today from 5-6 p.m. at the Kashim and Susitna clubs. 753-3131

Bird Creek to Girdwood, Saturday at 10 a.m. for \$5 at the Outdoor Recreation Center. 552-2023

All Night Xtreme, Saturday from 10 p.m. to 1 a.m. for \$18 per person at the Polar Bowl. 552-4108

Old School Party, Saturday from 9 p.m. to 3 a.m. at the Kashim Club. 753-3131

Crow Pass Hike, Saturday-Sunday 8 a.m. for \$25-50 with the Outdoor Adventure Program. 552-2023

Family Xtreme Bowling, Sunday from 1-8 p.m. at the Polar Bowl. 552-4108

Whittier Whale Watching Trip, Monday from 7 a.m. to 6 p.m. with the Young Adult Center. 753-2371

Red Pin Bowling, Monday from 5-9 p.m. at the Polar Bowl. 552-4108

Road Bike Training, Monday at 5:30 p.m. for free at the Outdoor Recreation Center.

552-2023

Ice Skating and Dimond Center Trip, Monday from 12:30-5 p.m. for \$9 at the Youth Center. 552-2266

Golf 4 Juniors Camp, Monday-Thursday for \$99 for youth 8-14 at Eagleleglen. 552-3821

HBR Fisherman's Challenge, Monday-Tuesday from 5-9 p.m. during open bowling at the Polar Bowl. 552-4108

Kayak Lake Training, Tuesday at 5 p.m. for \$25 with the Outdoor Adventure Program. 552-2023

Ladies League, Tuesday at 5:30 p.m. at Eagleleglen. 552-3821

Bowler Appreciation Night, Tuesday bowling for \$1.75 per game from 5-9 p.m. at the Polar Bowl. 552-4108

Eagle River Rafting, Tuesday at 5 p.m. for \$25 with the Outdoor Adventure Program. 552-2023

Geo Cache, Wednesday from noon to 6 p.m. for \$3 plus lunch money with the Young Adult Center. 753-2371

Wednesday Night Madness, Wednesday bowl from 5-9 p.m. for \$18 per lane for up to five people. 552-4108

Evening Hike, Wednesday for 5 p.m. for \$10 with the Outdoor Adventure Program. 552-2023

Mountain Bike Training, Thursday at 5:30 p.m. for free at the Outdoor Recreation Center. 552-2023

Children Eat Free, Thursday through July 30 from 5:30-9 p.m. at the Susitna Club. 753-3131

Morning Coffee Conversation, Thursday at 10:30 a.m. at the Arctic Oasis Community Center. 552-8304

Eagle River Rafting, Thursday at 5 p.m. for \$25 with the Outdoor Adventure Program. 552-2023

National KidsDay, Thursday from 4:30-7:30 p.m. at Paxton Park for free for parents and their children. 552-8529

Ceramic Bronzing, Thursday from 6-9 p.m. for \$35, Arts and Crafts Center. 552-7012

Airmen's Special, Thursday E-4's and below receive a 50 percent discount from 5-9 p.m. at the Polar Bowl. 552-4108

Build Your Own Sandwich Bar Social Hour, July 29 from 5-6 p.m. at the Kashim and Susitna clubs. 753-3131

Open Bowling, July 29 from 5 p.m. to 1 a.m. at the Polar Bowl. 552-4108

Arctic Valley Hike, July 29 from noon to 6 p.m. for \$3 and sack lunch with the Young Adult Center. 753-2371

Whittier Kayak Trip, July 29-31 at 7:30 a.m. for \$50 with the Outdoor Adventure Program. 552-2023

F2W Field Day, July 29 from 1-3 p.m. at the Youth Center. 552-2266

* Arts and Crafts Center classes must be signed up for three days in advance.

DIG IN: Dig up your catch at a clamming trip from 5:30 a.m. to 7 p.m. for \$30 with the Outdoor Adventure Program. 552-2023

MOVIE: *Madagascar* (PG) Four residents of the New York's Central Park Zoo – Alex the lion, Marty the zebra, Melman the giraffe, and Gloria the hippo have spent their whole lives living happily in a zoo. Marty falls in with a crowd of penguins, who bring him along in their escape attempt. When Alex realizes his friend is missing, he leads a company of critters on a search. 7 p.m.

...:sat

YARD SALE: Get a steal of a deal at a Summer Cleaning Yard Sale from 9 a.m. to 3 p.m. at the Yukon Activity Center. Tables can be purchased for \$10 through the Arctic Oasis Community Center. 552-8304

MOVIE: *Madagascar* (PG) See above for movie information. 7 p.m.

...:sun

BRUNCH BUNCH: Make every Sunday a Sunday Brunch event at the Susitna Club from 10:30 a.m. to 2 p.m. The adult regular price is \$17.95, the adult Members First discounted price is \$14.95, youth 6-12 are \$6.95, and children under six eat for free. 753-3131

MOVIE: *Cinderella Man* (PG-13) In the middle of the Great Depression, there came along a most unlikely hero, James J. Braddock a.k.a. the "Cinderella Man" who had crowds cheering on their feet as he proved just how hard a man would fight to win a second chance for his family and himself. 7 p.m.

...:fyi

GOLF AWAY: Take to the course in pairs at an Eagleleglen Couples Event July 29 from 4-6 p.m. for \$25 per couple plus nine hole green fees. This nine hole event will include a potluck supper following play, long drive and closest to the pin prizes and gift certificates. 552-3821.

The Weekend

SPORTS PAGE

Security Forces turn 1-1 tie in to 5-4 victory

By Tech. Sgt. Theo McNamara
Staff Writer

The 3rd Security Forces Squadron eliminated the 3rd Civil Engineer Squadron from the semi-final soccer playoffs July 18 with a double overtime win.

The 3rd CES was ranked number one during the regular season, but quickly found their way into the losers bracket when soccer playoffs began July 11.

Then as they progressed through the losers bracket, it looked as if they might make a come back. The 3rd CES went on a three-game winning streak that knocked the 381st Intelligence Squadron and the 3rd Communications Squadron out of the running. But their two wins over the intel team and single victory over the communicators only set them up for disappointment in the final round of the losers bracket July 18, when the 3rd SFS got their revenge for two regular season losses to the engineers.

“We just poured our hearts into this game. We all wanted the win and a chance at the championship,” said Neil Miller, 3rd SFS. “We finished the regular season with a 17-5 record; two of the five losses were to the engineers, which added to our resolve to win.

“With them out of the way, we can now shift our focus to the medics,” Miller said.

The outcome of the contest between the 3rd SFS and engineers Monday was unpredictable from the beginning and ended with



TECH. SGT. KEITH BROWN

The 3rd Security Forces Squadron soccer team rush to hug goalie, John Gordner, after defeating the 3rd Civil Engineer Squadron. The 3rd SFS plays the 3rd Medical Group for the championship title.

an indecisive 1 to 1 tie.

To determine a winner, the teams faced off in a five-minute sudden-death competition, which had a similar outcome – neither team was able to score a goal. But because it was the final game in their bracket and the outcome determined who would play the 3rd Medical Group for the championship, the teams were forced into penalty kicks to deter-

mine a winner.

In this second phase of overtime competition, each team was allowed five penalty kicks. Five players alternately tried to score against the opposing team’s goalie.

In the end, John Gordner, the 3rd SFS’ goalie was able to prevent one of the engineer’s attempts, which allowed the 3rd SFS to take the 5-4 victory.



PHOTOS BY TECH. SGT. KEITH BROWN

Golfing for a cause

Elmendorf First Sergeants raised more than \$10,000 at a charity golf tournament July 14. The money raised is earmarked for Elmendorf families.

Every year, the Elmendorf First Sergeants Council, as part of Operation Warm Heart, a charity they oversee, distribute money to help Elmendorf families in need of assistance.

Financial help is provided throughout the year through grants and the bulk of the organization’s money is spent to ensure families get to enjoy a Thanksgiving meal with their family. Last year, the First Sergeants gave Elmendorf families more than 300 Thanksgiving Day meals and presented 40 grants, worth more than \$13,000.

Left: Brad Bistodeau putts as Leilani Hilton watches and Mike Mullins holds the flag. All are members of the 3rd Wing Command Post and represented their office in the fund-raising golf tournament .

Below: Leilani Hilton, Command Post Team, keeps an eye on her drive for the green on Eagleleglen’s eighth hole during the tournament July 14.

